

MONONUCLEOSIS

WHAT IS MONO?

Mono is a virus that occurs primarily in adolescents and young adults. Individuals experience tiredness, some fever, soreness, and just an all over feeling of being under the weather. The virus is usually spread through intimate contact, which gave mono the nickname “the kissing disease.” Exposure to this virus can occur up to six weeks before any symptoms occur.

WHAT ARE THE SIGNS AND SYMPTOMS?

- ✚ Sore throat
- ✚ Headaches
- ✚ Fatigue
- ✚ Muscle aches
- ✚ Spleen enlarged
- ✚ General feeling of tiredness
- ✚ Loss of appetite
- ✚ Fever
- ✚ Swollen glands
- ✚ Skin rash
- ✚ Liver enlarged

IS IT CONTAGIOUS?

Mildly contagious. It can be spread through direct mouth contact.

HOW LONG DOES IT LAST?

Depending on the individual, the symptoms last about two to four weeks.

HOW DO I PREVENT MONO?

Avoid drinking from and using the same utensils as individuals that have the symptoms of mono. Mono is spread through saliva – which brings truth to the nickname the “kissing disease.” Remember to use general good hygiene measures including hand washing. Get adequate rest and eat three meals a day. Avoid kissing and other oral contact.

HOW IS MONO TREATED?

There is no pill or shot to cure mono. Your body should be able to fight the infection. Adequate rest and pain relievers (Tylenol) can be taken for the fever, sore throat, and other aches and pains. If the spleen is enlarged, your doctor may recommend stool softeners for the constipation. Alcohol should not be consumed during this time. A balanced diet is essential for recovery. Lots of fluids should be taken; eight glasses daily of juice or water. Try to take it easy. Don't over do yourself. With the spleen enlarged – one should be careful when it comes to physical activity.